

# Tying a Shoelace

Backwards chaining technique for shoelaces. You can substitute your own steps for alternate methods:

1. Tie a knot.
2. Pull the knot tight.
3. Form the left-hand lace into a loop.
4. Form the right-hand lace into a loop.
5. Tie a knot with the two loops.
6. Pull the knot tight.

The adult would start by tying the shoe but allowing the child to pull the knot tight at the end. Over and over, the adult demonstrates the steps of shoe-tying, slowly, describing the procedure. With time, the adult fades back a step at a time, allowing the child to complete the ending steps instead of having to start with an untied shoe and remember what to do.